

## Active Prayer Sentences

One way to begin to pray without ceasing is to select a brief prayer phrase that can be repeated throughout the day while you are walking, driving, waiting in line, or at any point you find yourself with even a moment or two of free time. Any phrase from scripture can be suitable, as well as phrases from hymns, poetry, or other writings. Examples from scripture include:

*Come, Lord Jesus.*

*The Lord is my Light.*

*Fear not, I am with you.*

*The Lord is my Shepherd.*

*Be still, and know that I am God.*

*Lo, I am with you.*

*Bless the Lord, O my soul.*

Examples from hymns might be:

*Breathe on me, Breath of God.*

*Great is Thy faithfulness.*

*Guide me, O Thou great Jehovah.*

*Spirit of the Living God, fall afresh on me.*

*O God, our help in ages past.*

*A mighty fortress is our God.*

*Pray in the Spirit at all times ...*  
Ephesians 6:18

### For Further Reading:

Thomas Keating, *Open Mind, Open Heart: The Contemplative Dimension of the Gospel*. NY: Continuum, 1996.

### See also:

Prayer of the Heart: Bead Prayer

Prayer of the Heart: Jesus Prayer

Praying with Our Bodies: Walking Meditations

Prayer of the Heart: Breath Prayers



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